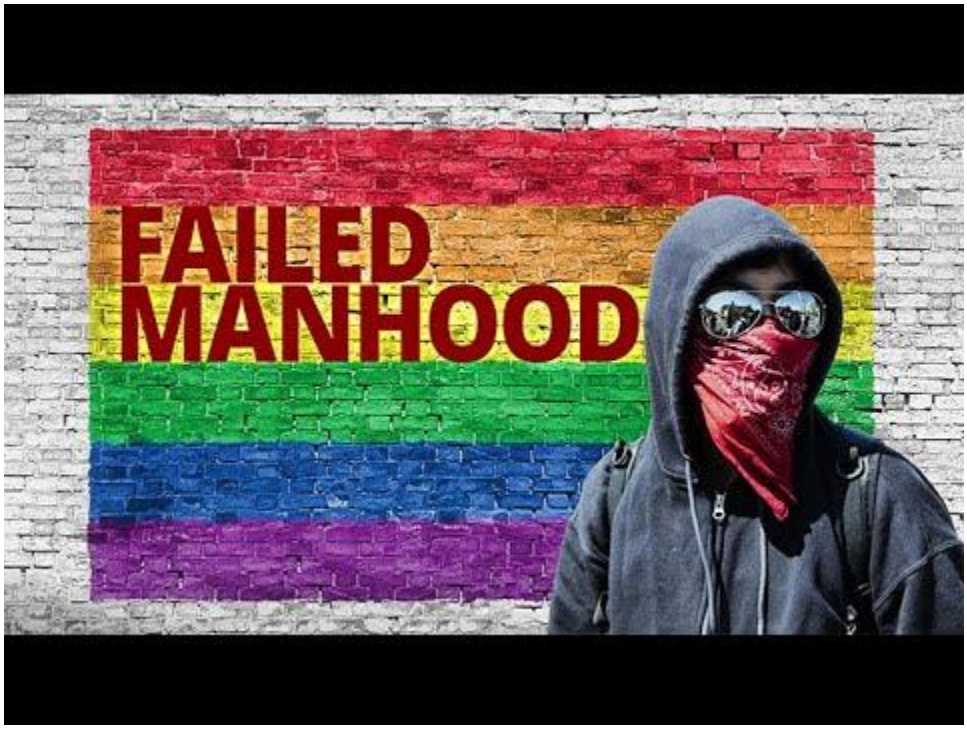https://www.youtube.com/watch?v=92N-coSTgok